

Vegetable Quesadilla

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain-rich tortilla, 6" soft (at least 0.9 oz)		50 each		100 each	1. For 50 servings, line 3 sheet pans (18" x 26" x 1") with parchment paper. Place 8-9 tortillas side by side on each pan (use a total of 25 tortillas). For 100 servings, line 5 sheet pans (18" x 26" x 1") with parchment paper.
*Fresh green peppers, chopped	1 lb 4 oz	3 3/4 cups 2 Tbsp	2 lb 8 oz	1 qt 3 3/4 cups	
*Fresh onions, chopped	15 oz	2 1/2 cups	1 lb 14 oz	1 qt 1 cup	2. Combine peppers, onions, black beans, and corn. Heat on medium heat for 5 minutes.
Canned black beans, drained	1 lb 15 oz	1 qt 3 cups (1/2 No. 10 can)	3 lb 14 oz	3 qt 2 cups (1 No. 10 can)	
Canned corn, liquid packed whole kernel, drained	2 lb 1 oz	2 qt 3 cups (1/2 No. 10 can)	4 lb 2 oz	1 gal 1 1/2 qt (1 No. 10 can)	3. Add tomatoes to vegetable mixture and drain excess liquid.
*Fresh tomatoes, diced	15 oz	2 3/4 cups	1 lb 14 oz	1 qt 1 1/2 cups	
Chili powder		2 Tbsp		1/4 cup	4. Add chili powder, cumin, onion powder, and paprika to vegetable mixture.
Ground cumin		2 Tbsp		1/4 cup	

Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Reduced fat Monterey Jack cheese, shredded	1 lb 9 oz	1 qt 2 1/4 cups	3 lb 2 oz	3 qt 1/2 cup	5. Sprinkle each tortilla with ¼ cup of Monterey Jack cheese. 6. Spoon 1 cup 1 Tbsp vegetable mixture on to each tortilla.
Reduced fat cheddar cheese, shredded	1 lb 9 oz	1 qt 2 1/4 cups	3 lb 2 oz	3 qt 1/2 cup	7. Sprinkle each tortilla with ¼ cup Cheddar cheese. 8. Place remaining tortillas on top, pressing down gently. Spray tortillas with pan release spray to aid browning. 9. Bake until tops are golden brown: Conventional oven: 400° F for 10 minutes Convection oven: 375° F for 7 minutes 10. Allow quesadilla to stand for 5 minutes. 11. Cut each quesadilla in half and serve. One portion is ½ quesadilla.

Notes

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Green pepper	1 lb 9 oz	3 lb 2 oz
Mature onions	1 lb 1 oz	2 lb 2 oz
Tomatoes	1 lb 2 oz	2 lb 4 oz

Serving	Yield	Volume
1 serving provides 1 ¼ oz equivalent meat/meat alternate, ½ cup vegetable, and 1 serving of grains/breads.	50 Servings: 50 quesadilla halves 100 Servings: 100 quesadilla halves	50 Servings: 2 gallons 1 ½ quarts (filling); 3 sheet pans 100 Servings: 4 gallons 2 ½ quarts (filling); 5 sheet pans

Nutrients Per Serving					
Calories	249	Saturated Fat	4 g	Iron	2 mg
Protein	13 g	Cholesterol	17 mg	Calcium	282 mg
Carbohydrate	26 g	Vitamin A	435 IU	Sodium	459 mg
Total Fat	8 g	Vitamin C	12 mg	Dietary Fiber	3 g